

# September 2013

Mon	Tue	Wed	Thu	Fri
2 <b>CLOSED LABOR DAY</b>	3 10 Moving&Grooving 10 Bd Games/Coffee 10:45 Exerc w Norah 11 Crochet 11 Spanish Begin 1 12 Spanish Begin 2 12 Brainworks 1 Lunch	4 10 Moving&Grooving 10 Bd Game&Coffee 10 CompTutor 11 Bingo 12 Senior Fit 1 Better Bones 1 Lunch	5 10 Moving&Grooving 10 Bd Games &Coffee 10:30 Walking Outside 12 Piano with Hong 12 Seated Volleyball 1 Lunch	6 10 Moving&Grooving 10 Bd Games/Coffee 10 Tai Chi 10:15 Exerc w/ Norah 11 Spanish Advance 1 Better Bones 1 Lunch
9 10 Moving&Grooving 10 Bd Game&Coffee 10:30 Blood Pressure 11 Brainworks 12 Senior Fit 12 Spanish Convers 1 Lunch	10 10 Moving&Grooving 10 Bd Games/Coffee 10:45 Exerc w Norah 11 Crochet 11:30 Storytelling 11 Spanish Begin 1 12 Spanish Begin 2 1 Lunch	11 10 Moving&Grooving 10 Bd Game&Coffee 10 CompTutor 11 Bingo 12 Senior Fit 1 Better Bones 1 Lunch	12 10 Moving&Grooving 10 Bd Games &Coffee 10:30 Walking Outside 12 Piano with Hong 12 Seated Volleyball 1 Lunch	13 10 Moving&Grooving 10 Bd Games/Coffee 10 Tai Chi 10:15 Exerc/ w Norah 11 Spanish Advance 1 Better Bones 1 Lunch
16 10 Moving&Grooving 10 Bd Game&Coffee 10:30 Ceramics \$ 11 Brainworks 12 Senior Fit 12 Spanish Convers 1 Lunch	17 10 Moving&Grooving 10 Bd Games/Coffee 10:45 Exercise w Norah 11 Spanish Begin 1 12 Spanish Begin 2 11 Sante Group En 12 Move w Annetta 1 Lunch	18 10 Moving&Grooving 10 Bd Game&Coffee 10 CompTutor 10:30 Painting \$ 11 Bingo 12 Senior Fit 1 Better Bones 1 Lunch	19 10 Moving&Grooving 10 Bd Games &Coffee 10:30 Walking Outside 11 Circle of Rts. Sp 12 Piano with Hong 12 Seated Volleyball 1 Lunch	20 10 Moving&Grooving 10 Bd Games/Coffee 10 Tai Chi 10:15 Exerc/ w Norah 11 Spanish Advance 1 Better Bones 1 Lunch
23 10 Moving&Groovin 10 Bd Game&Coffee 10:30 Ceramics \$ 11 Brainworks 12 Senior Fit 12 Spanish Convers 1 Lunch	24 10 Moving&Grooving 10 Bd Games/Coffee 10:45 Exercise w Norah 11 Sante Group SP 11 Spanish Begin 1 12 Spanish Begin 2 12 Seated Volleyball 1 Lunch	25 10 Moving&Grooving 10 Bd Game&Coffee 10 CompTutor 10:30 Painting \$ 11 Circle of Rts Eng 12 Senior Fit 1 Better Bones 1 Lunch	26 10 Moving&Grooving 10 Bd Games &Coffee 11 19th Anniversary Party 	27 10 Moving&Grooving 10 Bd Games/Coffee 10 Tai Chi 10:15 Exerc/ w Norah 11 Spanish Advance 1 Better Bones 1 Lunch
30 10 Moving&Groovin 10 Bd Game&Coffee 10:30 Ceramics \$ 11 Brainworks 12 Senior Fit 12 Spanish Convers 1 Lunch	<p>Lunch is served Monday Through Friday at 1:00 pm. Please make your reservations for bus and/or lunch at Long Branch at least 3 days in advance with the Nutrition Site Manager Or Transportation Coordinator at the Front Desk on the second floor. Be sure to call the Center 240 777 6975 to cancel either by 1:00 the day before. The full cost of the meal is \$5.49. For persons age 60 or older or for a spouse any age, a voluntary contribution is requested. Guests under age 60 must pay full cost. Please contribute as much as you can. Remember that contributions are used to purchase meals.</p> <p>If you want a <u>cold meal</u> let us know a week in advance. Menu's are posted on bulletin board and reception desk.</p>			